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# SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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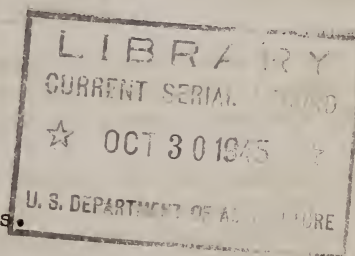
## Planning Desserts to Meet the Rations

Industrial feeding establishments now have the most limited supplies of sugars and fats that they have had at any period during the war. Planning desserts that will appeal to workers and come within the rationed allowances of sugar and fats is indeed difficult. The outlook for increased supplies of these products is not encouraging, and industrial feeding managers should be prepared to cope with short rations for many months to come.

## What's Happened to the Sugar and Fats?

Supplies of fats and sugar for civilians are at the lowest level in many years and no relief is expected until the late spring or summer of 1946. Civilian consumption of fats and oils in 1945 is expected to be about 40 pounds per capita, as compared with an estimated 45 pounds consumed during 1944. The reasons for the short supplies of fats and oils may be summarized as follows:

1. Carry-over stocks of fats and oils, especially lard, were very low.
2. Lard production has decreased.
3. Imports of fats and oils have been reduced because of wartime conditions.
4. Exports to liberated countries are expected to be larger this year than during 1944.
5. Military demands have increased.



The 1945 outlook for sugar is no more encouraging than the forecast for fats. Low stocks, smaller shipments from Cuba, and increased war demands have resulted in a decrease in the 1945 civilian supply of more than 1 million tons under that of last year. This means that the industrial



Do a little "figuring"  
before you cook -

cafeteria manager will receive about 40 percent less sugar than he was allowed in 1944.

### Should Desserts be Included on the Special Lunch?

In view of the short rations of fats and sugar, many industrial feeding managers may wonder if they should continue to serve desserts on the special lunch. This raises the question, "How important are desserts in the worker's lunch?"

The answer to that question is that dessert makes an important contribution to the energy value of the worker's lunch and may also supply valuable nutrients. An adequate lunch for an industrial worker should provide one-third or more of his daily energy requirements or at least 1,000 calories. The following meal pattern shows that the dessert may contribute 1/5 or more of the total energy value of a meal.

<u>Food</u>	<u>Average Calorie Value</u>
Meat, fish, poultry, or meat alternates ...	200
Potato or cereal dish .....	150
Hot vegetable or salad .....	80
Bread and butter or fortified margarine ...	200
One-half pint of milk .....	170
Dessert .....	<u>200</u> or more
Total calories ..... 1,000	



A mid-shift meal that does not include a dessert is likely to fall short of being adequate in calorie value.

### Peaches for Tasty Desserts

One way of stretching rationed fats and sugar is to use fresh fruits in season for desserts. This month western peaches will be available and industrial feeding managers who have access to this supply should serve them frequently.

Fresh peaches may be served in a variety of ways. For example, whole, sliced, or in a fruit cup combined with blackberries, pineapple, oranges, or grapefruit. They may be stewed and sweetened with cane or corn sirup, using all sirup, or part sirup and part sugar.

Peaches may be used in pastry desserts to save processed food ration points. Fresh peach pie, peach cobbler, peach turn-overs, and peach shortcake are popular desserts. Some ways to save fat in these desserts are: Use a latticed crust to top the peach pie; and cut out shapes of pastry, bake them separately, and use them to top cooked peaches for wartime cobbler.

### Budget Food as Well as Money

In order to continue serving desserts on reduced fat and sugar rations, the industrial feeding manager must budget his rations carefully. The first step is to



estimate the amount of rationed foods that can be used for desserts. The available amount of sugar may be allocated in the following manner:

	<u>Pounds</u>
Total sugar ration per week .....	180
Less amount used for sweetening beverages and other foods .....	<u>50</u>
Amount available for desserts .....	130

A similar estimate may be made for fats. When the quantities of sugar and fats that are available for use in desserts have been estimated, these amounts should then be used as a guide in planning desserts.

#### What Formula are you Using?

Dessert recipes should be checked for their fat and sugar content and those which are economical in the use of these rationed foods should be selected.

The following table shows the fat and sugar content of some common dessert recipes. The industrial cafeteria manager may make a similar table of the fat and sugar content of his own recipes. This will help him to estimate the total amount of fats and sugar required for the desserts on the week's menu, and to determine whether they can be prepared with the available fats and sugar.

#### Fat and Sugar content of common desserts

		Amounts for 100 portions			
		Calories	F a t		Sugar
		Per Portion	Pounds	Points	Pounds
P	Plain cake with frosting .....	250	1.5	18	7.8
	Plain cake without frosting .....	200	1.5	18	3.8
	Devil's food cake with frosting ....	250	1.5	18	4.2
	Gingerbread .....	200	1.6	19	1.4
	Fruit pie, double crust .....	400	3.2	38	3.7
	Cream pie, single crust .....	300	1.6	19	3.0
	Cornstarch pudding .....	200	-	-	3.0
	Bread pudding .....	200	-	-	3.0
	Fruit gelatin (sweetened) .....	100	-	-	-
	Fresh fruit, stewed .....	100	-	-	3.0
	Fresh fruit, raw .....	50-100	-	-0 to	2.0

Iced cake requires much more sugar than uniced cake. The amount of sugar used in the icing would be enough to use in a pudding or would be sufficient to sweeten fresh fruit. Likewise, the fat used in a double-crust fruit pie would be enough to make crusts for one cream filled and one opened-faced fruit pie.

#### Stretch Your Sugar Ration

The quantity of sugar in many recipes may be reduced by the use of sugar substitutes. Corn and cane sirup and honey may be used in baked products to replace part of the sugar in the recipe. Directions for using sugar substitutes and other ways of saving

sugar may be found in the publication "Saving Sugar in Industrial Feeding." 1/

Some cakes and puddings may be made from prepared cake mixes and pudding powders. However, the allotment of sugar and fats used in the manufacture of these products has also been restricted, so the supply of them is limited.

#### Use Fats Sparingly

Unfortunately, there are no substitutes for fats. Usually it is not satisfactory to decrease fat in a recipe because a product of inferior quality may result. Therefore, either fewer products containing fats should be prepared, or recipes that use a relatively small amount of fats should be selected.

Close cooperation of chefs and pot washers can save many pounds of fat from going into garbage cans and down sink drains. Remember, however, that meat drippings and excess fats are worth more than the salvage value if they are used in place of new fats. Suggestions for the care and use of meat fats were given in the March 1945 issue of "Serving Many."

Some suggestions are given for saving fats and sugar in the preparation of baked products. These may be used to remind bake shop employees of the importance of conserving these rationed materials.

Post this in your bake shop:

#### Conserve Fat and Sugar in Baked Products

1. Use standardized recipes and follow them carefully.
2. Weigh all materials accurately.
3. Remove all shortening from the original container.
4. Scrape out mixing bowls thoroughly.
5. Roll pie crust to a uniform thickness.
6. Re-use pie dough trimmings as soon as possible.
7. Use one-crust pies often. Make latticed topped or open-faced fruit pies instead of two-crust pies.
8. Use only enough pan grease to prevent sticking.
9. Make sheet cakes instead of layer cakes.
10. Ice only the tops of cakes.

#### Special Lunch Menus for August 1945

1.  
Cheese fondue  
Fresh green beans  
Carrot and peanut salad  
Whole-wheat rolls with butter or  
fortified margarine  
Plain cake with marmalade frosting  
Milk

2.  
Veal chow mein  
Boiled rice  
Garden lettuce salad  
Whole-wheat bread with butter or  
fortified margarine  
Fresh peach pie  
Milk

3.

Salad plate:  
Cottage cheese  
Fresh fruit salad  
Celery curls  
Peanut butter muffins with butter  
or fortified margarine  
Chocolate-nut pudding  
Milk

5.

Scalloped fish  
Parsleyed new potatoes  
Sliced tomato salad  
Whole-wheat bread with butter or  
fortified margarine  
Fruit gelatine  
Beverage

7.

Roast shoulder of lamb with dressing  
Browned new potatoes  
Cabbage and carrot salad  
Enriched bread with butter or  
fortified margarine  
Fresh peaches  
Milk

9.

Frankfurters  
Potato salad  
Summer squash  
Enriched rolls with butter or  
fortified margarine  
Fresh peach cobbler  
Milk

11.

Braised liver  
Scalloped potatoes  
Fresh greens  
Whole-wheat bread with butter or  
fortified margarine  
Lemon chiffon pudding  
Beverage

4.

Veal loaf with gravy  
Mashed potatoes  
Fresh beets and greens  
Enriched bread with butter or  
fortified margarine  
Fresh sliced peaches  
Beverage

6.

Creole lima beans  
Buttered carrot strips  
Mixed green salad  
Whole-wheat bread with butter or  
fortified margarine  
Baked custard  
Milk

8.

Vegetable plate:  
Hard-cooked egg salad  
Corn-on-the-cob  
Buttered green beans  
Sweet pickle  
Whole-wheat bread with butter or  
fortified margarine  
Fresh blackberry pie  
Milk

10.

Fish loaf with tomato sauce  
New potatoes in jackets  
Green peas  
Enriched bread with butter or  
fortified margarine  
Fresh fruit cup  
Milk

12.

Scrambled eggs  
Baked potato  
Sliced cucumber and tomato salad  
Enriched rolls with butter or  
fortified margarine  
Crumb pudding 3/  
Beverage

1/ This publication may be obtained without charge from U. S. Department of Agriculture, Office of Supply, Commodity Credit Corporation, Western Union Building, Atlanta 3, Georgia.

2/ Recipe is in "Saving Sugar in Industrial Feeding," page 6.

3/ Recipe is in "Saving Sugar in Industrial Feeding," page 4.



13.

Salad plate:

Sliced luncheon loaf  
Kidney bean salad  
Sliced tomatoes  
Graham muffins with butter or  
fortified margarine  
Gingerbread  
Milk

14.

Chicken fricassee with noodles  
Fresh buttered carrots  
Chopped greens with French dressing  
Whole-wheat bread with butter or  
fortified margarine  
Raspberry sherbet  
Beverage

SUGGESTED SANDWICH FILLINGS

1. Peanut butter combined with:

citrus marmalade  
minced cooked bacon  
fresh chopped tomatoes  
pickle or relish and salad dressing  
finely chopped celery, olives and  
pickle

top milk or evaporated milk  
ground dried prunes, raisins, or other  
dried fruit. Moisten with milk, fruit  
juice, or mayonnaise

2. Chopped nuts with:

ground dried fruit, combined with  
milk, cream, or fruit juice  
marmalade

mixed vegetables and dressing

3. Cottage cheese combined with:

jelly  
salted peanuts  
onion  
chopped cooked bacon  
tart pickles or relish  
horseradish  
olives and nuts

cucumber  
olives  
apple butter  
pimento  
chopped cooked bacon  
chili sauce  
relish and celery  
peanut butter

4. Vegetable combinations:

lettuce and tomato  
finely chopped cabbage, carrot,  
green pepper and celery, salad  
dressing  
chopped carrot or cabbage and salted  
peanuts, salad dressing

thin slices of cucumber and tomato with  
lettuce leaf and salad dressing  
chopped carrots, raisins and/or prunes  
and nuts with salad dressing

5. Hard cooked eggs combined with:

celery, pickles, mayonnaise,  
shredded carrot, relish, onion  
vinegar, mustard, and pickles

shredded cabbage, pickles, and mayonnaise  
chopped olives and mayonnaise

6. Scrambled eggs with green pepper and perhaps a little bacon fat for flavor.



7. Honey, jelly, or marmalade, combined with butter or fortified margarine and used as a spread.
8. Savory butter made by combining butter or fortified margarine with lemon juice, prepared mustard, and cayenne or any other desired seasoning as onion juice, Worcestershire sauce, celery salt, etc. Use it as a spread.
9. Sardines, salmon or tuna fish with chopped celery or cabbage. Hard cooked egg and pickles may be included if desired.
10. Ground ham or left-over meat, with carrots, and combined with a tart dressing.
11. Cooked liver with chopped celery and/or pickle. Season with onion juice and combine with mayonnaise.
12. Sliced liver loaf, meat loaf or salmon loaf.
13. Ground boiled meat or fowl, with chopped raw carrots and celery and flavorful dressing.
14. Corned beef, fresh cucumber relish or boiled eggs, onion juice, salt and mayonnaise.
15. Left-over meat with mixture of olives, celery, and mayonnaise.

Additional suggestions will be found on Page 21 of "Planning Meals for Industrial Workers."

"INDUSTRIAL FEEDING MANAGEMENT"

is off the press

This publication has been prepared by the Committee on the Nutrition of Industrial Workers of the National Research Council in collaboration with the U. S. Department of Agriculture. It discusses the principles of industrial feeding.

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